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**Title:** Use of wooden tongue depressors in the examination of vulva

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**Clinical challenge:**

For a dermatologist, examination of the appearance of the female external genitalia is key for diagnosing many diseases that women of all ages encounter [1]. Mauskar *et al* published recently a CME article with useful tips and information about how to conduct patient's interview and examination techniques of the vulva. The examination of the vulva starts with simple observation followed by gloved fingers examination of the labia majora, labia minora, the vestibule, and the clitoris [2]. Vulva examination may be difficult due to anxiety of the patient or fear of pain.

**Solution:**

Two wooden tongue depressors allow examining thoroughly the labia, clitoridal hood, vulvar mucosa and vestibula without having to touch directly the mucosa with gloves. One can perform a gentle examination in case of painful vulvar condition as well to assess local anatomic changes in case of lichen sclerosus. It is easy, comfortable and possibly less stressful for a patient that would be apprehensive of this examination.

**References**

1. Cohen Sacher B. The Normal Vulva, Vulvar Examination, and Evaluation Tools. Clin Obstet Gynecol. 2015 Sep;58(3):442-52.
2. Mauskar MM, Marathe K, Venkatesan A, Schlosser BJ, Edwards L. Vulvar Diseases, Part I: Approach to the patient. J Am Acad Dermatol. 2019 Nov 8. pii: S0190-9622(19)33012-9.

Figure 1. Examination of the vulvar structures using two wooden tongue depressor in a patient with lichen sclerosus

